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U. S. DEPARTMENT OF AGRICULTURE  
OFFICE OF INFORMATION  
PRESS SERVICE



WASHINGTON, D. C.

RELEASE FOR PUBLICATION.  
SEPTEMBER 6, 1933 (WEDNESDAY)

THE MARKET BASKET

by  
Bureau of Home Economics, U. S. Department of Agriculture

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all	
Every day --	Two to four times a week --
Cereal in porridge or pudding	Tomatoes for all
Potatoes	Dried beans and peas or peanuts
Tomatoes (or oranges) for children	Eggs (especially for children)
A green or yellow vegetable	Lean meat, fish, or poultry or
A fruit or additional vegetable	cheese
Milk for all	

LOOKING FOR BARGAINS IN FRESH VEGETABLES

On an economy diet, nutritionists say that a family needs, according to its size, a certain number of pounds of "other vegetables"--that is vegetables other than potatoes and tomatoes--to balance a weekly supply of bread, cereals, milk, meats and so on. To get the most for your money, how should you choose your vegetables?

The Bureau of Home Economics of the U. S. Department of Agriculture suggests a three-way guide: First, of course, look for the vegetables that are "in season" in your locality, because they will probably be the cheapest vegetables. Second, choose some green-leaved vegetables, some beans or peas, and some yellow-fleshed vegetables. Third, among these different types select the best food bargains, i.e., the vegetables that yield the most food values for the money. To do this you need to "know your onions" very well indeed.



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Just now in many places lima beans may be bought within the limits of the small pocketbook. Snap beans may be cheaper, but to many people the limas are an especial treat and they are an excellent food bargain. Sweet corn is plentiful now in many markets, so are beets and summer squash. For greens, if you cannot find beet tops or kale, or if spinach is too high now, there is always cabbage, and in some places there is swiss chard, which makes an interesting variation. Again, there are always carrots and onions; and in some places, peas.

How much of a variety can we have within a week's supply, keeping closely within the good food bargains? Here are some of the possibilities, says the bureau: Monday, creamed potatoes and kale, or any other greens that may be cheap. Tuesday, baked tomatoes stuffed with rice; Wednesday, beans (limas or snaps), and beets; Thursday, corn on the cob and sliced tomatoes; Friday, potatoes cooked in their jackets, swiss chard or cabbage; Saturday, fried corn and yellow squash; Sunday, mashed potatoes and fried tomatoes.

There are many tempting combinations for this summer season, which is, of course, our opportunity to "make hay while the sun shines"--mineral and vitamin values being the "hay." But one thing to remember as you make your purchases is this: Peas and corn lose their sugar rapidly, and if you would serve them while their flavor is still at its best, use them as soon as they are gathered from the garden if possible. These vegetables gradually lose their sugar, even if they are kept on ice, and they lose it very rapidly in a warmroom or if left in the sunshine. It is best, of course, for every reason, to buy these and other green or watery vegetables from day to day if you can manage it, and not in advance. If they must be kept overnight, put them in a refrigerator if you can.



WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE  
including two adults and three children

Bread	12 - 16 lbs.
Flour	1 - 2 "
Cereal	4 - 6 "
Whole fresh milk, or	23 - 28 qts.
Evaporated milk	25 - 31 tall cans
Potatoes	15 - 20 lbs.
Dried beans, peas, peanut butter	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits	6 "
Fats, such as lard, salt pork bacon, margarine, butter, etc.	2-1/2 lbs.
Other vegetables (including some of green or yellow color) and inexpensive fruits	15 - 20 lbs.
Sugar and molasses	3 "
Lean meat, fish, cheese, and eggs	5 - 7 "
Eggs (for children)	8 eggs

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LOW-COST MENU FOR ONE DAY

Breakfast

Cantaloupe                      Cereal  
                                    Toast  
Tomato juice for youngest child  
Coffee (adults) - Milk (children)

Dinner

Hamburg steak with brown gravy  
Potatoes cooked in their jackets  
Bread and butter  
Swiss chard or cabbage  
Broiled peaches (served with meat or as  
                                    dessert)  
Tea - Milk for children

Supper

Cheese toast (whole wheat bread)  
Sliced tomatoes  
Milk for all

RECIPES

Swiss Chard

Select fresh crisp chard; if at all wilted, crisp it by allowing it to stand in cold water for 10 or 15 minutes. Strip the leaves from the stalks, and cut the stalks into inch pieces. Cook for about 20 minutes in unsalted boiling water in an uncovered pan. Add the leaves to the stalks and continue the cooking until all are tender, about 10 minutes longer. Drain, season with melted butter or other fat, salt, and pepper, and serve hot with lemon or vinegar.



Baked Stuffed Cymling  
(Summer Squash)

1 large tender cymling  
1 tablespoon chopped onion  
1 tablespoon chopped green pepper  
4 tablespoons butter or other fat  
1-1/2 cups dry bread crumbs

Salt and pepper  
1/2 cup chopped vegetable  
if desired, such as cooked  
carrots, or beans  
Crisped bacon or cubes of salt  
pork if desired

Wash the cymling. Scoop out the pulp with a spoon, being careful not to break the outer skin. Cook the cymling shell until tender in boiling salted water. Remove and drain. While the shell is still warm, rub the inside with butter so the flavor will go through the vegetable. In the meantime, brown the onion and green pepper in the fat, add the bread crumbs, and stir until well mixed. Also cook the pulp of the cymling until tender and dry, add it to the seasonings and the bread crumbs. If any of the vegetables mentioned are used or the crisped bacon or salt pork, mix with the other ingredients. Place the mixture in the shell and cover the top with buttered crumbs. Bake in the oven until hot through and golden brown on top. Cut in slices and serve at once.

Broiled Peaches

Remove the skins and cut the peaches in half. Place the halves in a shallow baking dish, pit side up, pour over them a small quantity of melted butter, and add a very little salt. Broil under a flame or bake in the oven until the peaches are tender and lightly browned. Serve hot with meat course or as dessert.





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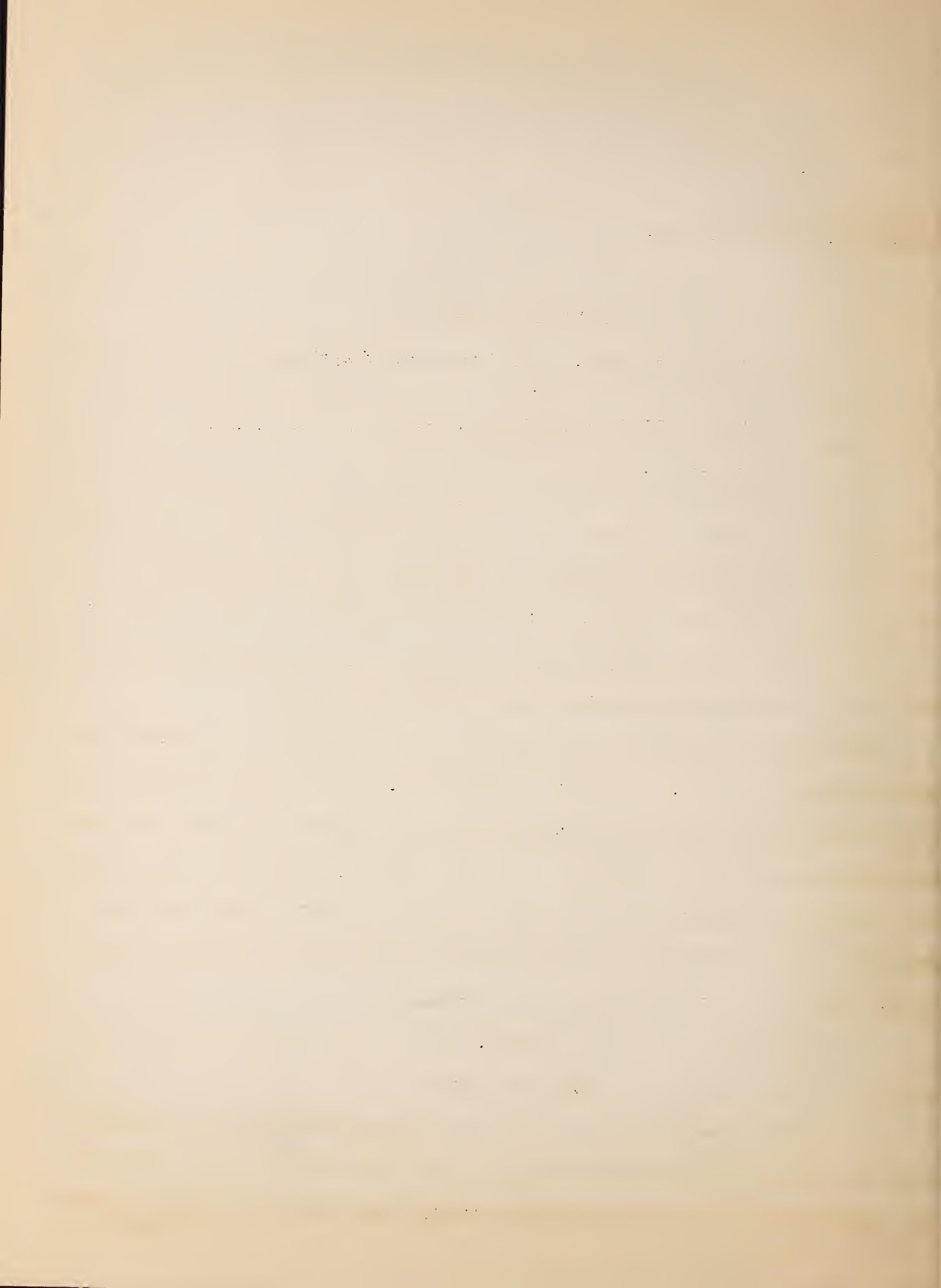
Milk for all

PICKLES AND RELISHES HELP OUT WHEN WINTER COMES

At this pickle-making time of year it is well to remember, says the Bureau of Home Economics of the U. S. Department of Agriculture, that if pickles are not exactly real food, they go far toward making real food more interesting. During the winter months, if foods and food ideas run short in variety, pickles will help considerably by giving a different tang to the same old bill of fare. So make your pickles while you may of peaches, pears, watermelon rind, green tomatoes, cucumbers, and onions. And this is how, according to the bureau:

The easiest to make are fruit pickles, such as whole pickled peaches, crab-apples, or pears, cooked in a spicy, sweet-sour sirup.

Then there are quick-process pickles made from vegetables salted down overnight and combined with spices and vinegar the next day without cooking. Next are the brined pickles, also called fermented pickles, because they go through a curing



process lasting from 2 weeks to 2 months-- dill pickles and sour cucumber pickles, for example. Sweet pickles, mustard pickles, and other mixtures are often made from the vegetables cured in brine.

Last are the relishes, such as tomato catsup, chili sauce, and chutneys made of chopped fruits or vegetables spiced and cooked down to a sauce.

Whatever the type, the purpose of pickling, says the bureau, is to get a tart spicy flavor through the vegetable or fruit; to keep or develop attractive color; and to give crispness, especially to vegetable pickles.

Choose fresh, high-quality fruits or vegetables for pickling. Sort fruits for size and stage of ripeness, and keep the ripest in one lot if there is marked difference. If pickling cucumbers, peaches, or other fruits or vegetables whole, have them uniform in size. Then the pickling liquid penetrates and seasons them evenly.

Use a blend of high quality spices. The flavor continues to come out of spices as the pickles stand, so do not use too much spice.

For vinegar for pickling, good quality fresh cider vinegar is preferred. Or for pickling onions alone, use distilled vinegar which is clear and colorless.

Generally, granulated sugar is better than brown sugar in pickles. Sometimes a little brown sugar gives richness.

In general, pickles keep better if sealed airtight for storage. Sometimes they will keep satisfactorily in covered jars in a cold place, but there is danger of spoilage.

## RECIPES

### Pickled Peaches

8 pounds peaches  
4 pounds sugar  
2 quarts vinegar

8 two-inch pieces stick cinnamon  
cloves

Select firm white peaches preferably clingstones. Wash them well, remove the thin skin with a sharp knife, and stick 2 cloves into each peach. Cook the vinegar, cinnamon and sugar together for 10 minutes, or until the sirup is fairly thick. Add



the peaches, cook them gently until tender, but not broken, and let stand in the sirup overnight. In the morning drain the sirup from the peaches and pack the fruit into sterilized jars. Boil the sirup rapidly until thick and pour over the peaches in the jars. Seal, label, and store in a cool place. Allow the pickled peaches to stand several weeks to develop flavor before serving.

### Pickled Pears and Crabapples

Wash the fruit, and if Seckel pears or crabapples, leave on stems and scrape off blossom ends. If Kiefer pears, pare, cut in half or quarter and core. Boil pears (but not crabapples) for 10 minutes in water to cover, and pour off the water. For Kiefer pears use 1 pint of this water to dilute the vinegar for the sirup. Prick the skins of Seckel pears, but not of crabapples.

Boil for 5 minutes the vinegar, water, sugar, and spices tied loosely in cheesecloth. Add the fruit, boil for 10 minutes or until tender, and allow to stand in the sirup overnight. Drain, remove the spice bag, and pack the fruit in sterilized jars. Bring the sirup to boiling temperature, pour over the fruit, seal, and store in a cool place.

### Watermelon Pickle

4 pounds watermelon rind	1 pint water
Limewater made with 2 quarts	4½ pounds granulated sugar
cold water and 10 grams,	2 tablespoons whole allspice
or 2 tablespoons lime	2 tablespoons whole cloves
2 quarts vinegar	10 two-inch pieces stick cinnamon

Select rind from a firm, not overripe melon, and before weighing trim off the green skin and pink flesh. Cut in inch cubes and soak for 2½ hours in the limewater. Drain, cover with fresh water and cook for 1½ hours, or until tender, and add more water as it boils off. Let stand overnight in this same water, and next morning drain. Bring to the boiling point the vinegar, 1 pint of water, the sugar, and the spices tied loosely in cheesecloth. Add the drained watermelon, and boil gently for 2 hours, or until the sirup is fairly thick. Remove the spice bag, pack the watermelon pickle in sterilized glass jars, seal airtight, and store in a cool place.

### Cucumber and Onion Rings

1 peck small cucumbers	1 cup mustard seed
2 quarts small white onions	2 tablespoons celery seed
1 cup salt	2 tablespoons peppercorns
Vinegar	

Slice the cucumbers and onions about ¼ inch thick, pack in a crock in layers with the salt sprinkled between, and let stand overnight. In the morning drain in a cheesecloth bag, and press out all the juice possible. Taste before adding the vinegar and if too salty rinse in cold water. Measure the onions and cucumbers, take half as much vinegar, heat to the boiling point, add the spices, and pour over the vegetables. Pack at once in sterilized glass jars, seal, and store in a cool place.



### Dilled Green Tomatoes

40 to 50 green tomatoes	1 pound salt
2 ounces mixed pickle spices	4 tablespoons sugar
Fresh or dried dill	2 gallons water
1 pint vinegar	

Use fresh-picked green tomatoes of uniform size and free from blemish. Wash them well and drain. Into a 5-gallon crock place a layer of dill and spice. Fill the jar with the tomatoes to within 4 or 5 inches of the top. Mix the vinegar, salt, sugar, and water, and pour over the tomatoes. Place a layer of dill over the top. Cover with a heavy plate and weight it down to hold the tomatoes under the brine. Use only enough brine barely to cover, for as the liquid is drawn from the tomatoes the jar may overflow. Each day remove the scum that forms over the top and keep the pickles at even room temperature, about 70° or as warm as 86°F., if possible. In about 2 weeks the pickles are ready to use - crisp, well-flavored with dill, and clear throughout with no white spots when cut.

For storage, pack the cured pickles in sterilized quart glass jars, and add  $\frac{1}{2}$  cup of vinegar to each. Fill up the jars with the pickle brine, but first strain it, bring it to the boil, and cool. Seal the jars airtight and store in a cool, dry place.

### Chili Sauce

5 quarts skinned chopped ripe tomatoes	1 cup sugar
2 cups chopped sweet red pepper	3 cups vinegar
2 cups chopped green pepper	1 teaspoon ground cloves
$1\frac{1}{2}$ cups chopped onions	1 teaspoon ground allspice
3 tablespoons salt	1 teaspoon ground cinnamon

Combine the chopped vegetables, salt, and sugar, and simmer until the mixture begins to thicken. Then add the vinegar and spices and cook the mixture down until it becomes a thick sauce. Pour into hot sterilized bottles, use new cork stoppers, and dip the bottle tops into sealing wax, or melted paraffin. Store in a dark cool place. This recipe yields about 3 quarts of sauce.

### Dixie Relish

1 pint chopped sweet red peppers	4 tablespoons salt
1 pint chopped sweet green peppers	1 quart vinegar
2 tablespoons mustard seed	1 quart chopped cabbage
1 tablespoon celery seed	1 pint chopped white onions
1 cup sugar	

Cut the peppers into quarters, discard the seeds and coarse white sections and soak overnight in a brine made of 1 cup of salt to 1 gallon of water. Freshen for an hour or two, then drain and chop. Heat the spices with the sugar, salt and vinegar to the boiling point, then pour over the mixed vegetables. Pack the relish in hot sterilized jars, partially seal, and process for 15 minutes at simmering temperature (185°F.). Seal airtight and store in a cool place.





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:	A green or yellow vegetable	:	Lean meat, fish, or poultry or	:
:	A fruit or additional vegetable	:	cheese	:
:	Milk for all	:		:
:	:	:		:

LARD THE CHEAPEST COOKING FAT

One of the food substances upon which we depend is fat. Everybody should eat some fat, and everybody does, because there is fat in milk and meat and many other foods, besides the pure fat that is used in cooking. Of all the cooking fats, the cheapest is lard, now selling at about 9 or 10 cents per pound. Lard is pure fat, with a concentrated energy; value of 4,082 calories to the pound, or 255 to the ounce. When added to other foods, it increases their energy value and helps to make them "stick to the ribs."

Lard is a timely subject now, says the Bureau of Home Economics of the U.S. Department of Agriculture, because we are coming to the time of year when fried foods, hot breads, and pastries, are most tempting. Fortunately, such dishes are as well within the reach of the small pocketbook as any other types of food-- partly for the reason that you can use lard to make them. Lard is cheap. There are 224 million pounds of it in storage in this country.



There is no need to worry, says the bureau, about the supposed indigestibility of well fried foods if you do not eat too much fried food at one time. There is nothing to that notion except that some cooks are not good at frying. They let the food soak up the fat. Too much fat slows up digestion--that is true--and so will too much fried food. But some foods taste best when fried. Frying gives them a flavor and a texture that can be had in no other way, and a well-planned, well-cooked meal with one fried vegetable can be much more inviting and quite as digestible as a meal with everything boiled or creamed or baked or scalloped.

So far as lard is concerned, don't let anybody tell you it is less digestible than other cooking fats, says the bureau. It is 97 percent digestible, and none of the common cooking fats has a higher rating than that. As shortening, lard is the best and also the most economical fat on the market.

For example, there is no better and no cheaper shortening for pie crust than lard--and, to make a good flaky pie crust, according to the Bureau of Home Economics, you need 5 or 6 tablespoons of lard to 1-1/2 cups of sifted pastry flour. You work in the lard--with finger tips, fork, or biscuit cutter--until the mixture becomes "grainy." Then add water slowly, but (this is very important) use no more water than absolutely necessary to make a stiff dough.

Biscuits, muffins, griddle cakes, coffee cake, any of the yeast breads--all these may be made with lard for shortening. Gingerbread, molasses cookies, any cake or cookie made with brown sugar, spices or chocolate--lard is a good shortening for these.

For successful frying with lard, the main thing is to get it just hot enough but not too hot, for the particular food you are frying. If the lard is not hot enough the food will soak it up and be greasy when finished. If hot enough to smoke, the lard will decompose and the chemical changes that take place then will produce the unpleasant substance that fills your kitchen with an irritating smell.



If you are frying anything coated with flour or meal or bread crumbs, let the coated pieces dry a little, to "set" and make a crust.

For deep-lard frying, test the temperature of the lard with a cube of bread. If the bread is golden brown in 60 seconds, the lard is at the right temperature for frying raw foods. For cooked foods the lard should be hotter--the cube of bread should brown in 40 seconds.

When you are frying in deep lard, remember that you can use the lard more than once if you strain it through cheesecloth each time and keep it in a cool place.

The bureau suggests, below, several combinations containing fried foods, and the recipes which follow all use lard.

- |  |  |
|--|--|
| (1) Ground meat patties<br>Fried (raw) potatoes<br>Tomatoes, raw, sliced or stewed | (4) Fried okra or fried<br>cucumbers<br>Baked potatoes<br>Carrots cooked in milk |
| (2) Rice and ham croquettes<br>Snap beans  | (5) Fried green tomatoes or<br>Fried egg-plant<br>Macaroni with cheese           |
| (3) Fried mush or scrapple, or<br>Corn fritters<br>Kale                            | (6) Fried fish<br>Cold slaw<br>Creamed potatoes                                  |
| (7) French fried onions<br>Scalloped liver and potatoes.                           |  |

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## RECIPES

### French Fried Onions

- |                            |                   |
|----------------------------|-------------------|
| 6 or 8 medium-sized onions | 1 egg             |
| 1 cup flour                | 1/4 teaspoon salt |
| 1 cup milk                 | Cooking fat       |

Skin the onions, slice very thin, separate into rings, dip into a batter made from the flour, milk, egg, and salt, and drain well. Have ready a kettle of fat hot enough to brown a small piece of bread in 60 seconds. Put the onions in a wire basket, lower into the hot fat, fry until the onions are golden brown, remove, drain on absorbent paper, sprinkle with salt, and keep hot until served. Onions fried in this way will generally keep crisp for several days, or may be reheated in the same way as potato chips.



### Hashed Brown Potatoes

4 cups finely chopped potatoes	2 tablespoons fat
2 tablespoons chopped onion	1/4 cup hot water
3/4 teaspoon salt	Parsley.
1/8 teaspoon pepper	

Combine the potatoes and onions, salt, and pepper. Melt the fat in a smooth heavy skillet, add the water, put the potatoes in a thin even layer, and cook slowly until a golden brown crust is formed. Fold the potatoes over like an omelet, turn out on a hot platter, garnish with parsley, and serve at once.

### Fried Okra

2 quarts okra	Salt to taste
4 tablespoons fat	

Select young okra, wash it well, dry thoroughly, and cut crosswise in pieces about one-half inch thick. Heat the fat in a heavy skillet, add the okra, cover, cook for 10 minutes, and stir frequently to prevent burning. Remove the cover, continue to cook until the okra is tender and lightly brown, and serve at once.

### Gingerbread

1/3 cup fat	1/2 teaspoon soda
1/2 cup sugar	1/2 teaspoon salt
1 cup molasses	1 teaspoon ginger
1 egg	1/2 teaspoon cloves
3 cups sifted soft-wheat flour	1/2 teaspoon cinnamon
4 teaspoons baking powder	1 cup milk

Cream together the sugar and fat. Add the molasses and beaten egg. Sift together twice the dry ingredients and add to the first mixture alternately with the milk. Bake in two shallow pans in a moderate oven (350° F.) for 30 to 40 minutes. Serve with cream cheese or whipped cream.

One cup of sour milk may be used instead of the sweet milk. In that case, use 1 scant teaspoon of soda in place of the one-half teaspoon now called for, and use only 2 teaspoons of baking powder.

